

# sextalk.

answers to your questions about sex and relationships

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**Q.** Recently I have had trouble getting sexually aroused – many times to the point where I can’t get hard. Could low testosterone be the cause? I heard that there are supplements that increase testosterone levels. If this is the case is there anyone I could talk to about this to get more information and get checked out?

**A.** Testosterone is one of the most important sex hormones, affecting libido or “sex drive”, sexual activity, and even the intensity of orgasm. While both men and women produce testosterone, they have different amounts of the hormone at different times. Generally, as individuals get older, their testosterone levels tend to taper off.

Sex drive, however, can be temporarily affected by a number of reasons at any time in life. These factors may include stress, fatigue, medical conditions, side effects from medication, alcohol and other drug use, relationship problems, and difficulties at work or school. Any one of these could potentially diminish the sex drive of an otherwise healthy college-aged man, and could lead to difficulty gaining and sustaining an erection.

While testosterone supplements in the form of prescription patches, gels, tablets and shots have been the latest fad promising the fountain of youth for middle and older-aged men, the jury is still out as to whether they offer a safe and effective form of treatment.

Because short-term loss of libido is fairly common even among younger men, it’s important to identify the central cause of the issue before jumping into treatment options. Chances are, your decreased arousal is due to one of the external stressors listed above. Talking to a counselor, doctor or other health care professional can help you identify those factors and determine your best plan of treatment.

Appointments at the Campus Health Service can be made by calling 621-9202; Counseling and Psychological Services (CAPS) can be reached at 621-3334.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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